Addicted to Chocolate

1 I know that I have a problem – a big problem. It may sound funny but it's very bad for me – for my health and for my life. What's the problem? I can't stop eating chocolate!

2 I started eating chocolate as a child of course; me and my sisters all ate a lot of different kinds of chocolate. However, my sisters and I are adults now and I'm the only one who still eats it a lot. My elder sister can have a bar of Toblerone and make it last a week. My younger sister is happy with one box of chocolates a year for Mother's Day. My parents don't eat any chocolate at all. Me – I need it every day, and lots of it too.

3 So, how much do I eat? Well, I have about 10 bars of chocolate a day. My first bar is at 8 o'clock in the morning, and then I have my last one just before I go to bed. Sometimes if there's no chocolate in the house I drive to the nearest shop that sells it (about 2 kilometres away) and buy some more. I even drive out late at night if I need some chocolate. If the children (and this is terrible, I know) have chocolate in the house I take it. When Sarah was eight someone gave her a box of chocolates for her birthday. I took the box and then, when she was out playing, I ate some. Then I ate some more. I finished the whole box! A few days later she said, "Where's my box of chocolates?" and I said, "I don't know". I know that was very bad. At Christmas we got a giant family-sized bag of chocolate sweets, I ate the whole bag on my own in two days!

4 I know eating a lot of chocolate is bad for my health. There's a lot of sugar in all types of chocolate. There's also a lot of fat. I think that's why I have many spots on my face, and I'm a little overweight too. Sometimes I try to stop but if I don't have any, I get very bad headaches. However, as soon as I have some chocolate I feel better and happier too. I know that it's also very bad to take and eat chocolate that's not mine but I can't stop myself.

5 What can I do? Even at night I dream about chocolate. My favourite dream is falling down a hole and landing on a big pile of chocolate bars! I really do want to stop, or start to eat less. At the supermarket there's always chocolate for sale while I wait to pay for my shopping. At the station (bus, train, underground...) there's always chocolate for sale in machines. Everywhere I look there's chocolate for sale! I try to speak to my family but nobody understands. They all like chocolate but nobody wants to eat 10 bars a day, and nobody understands why I do.

6 I need help! Please tell me what I can do to stop eating chocolate!

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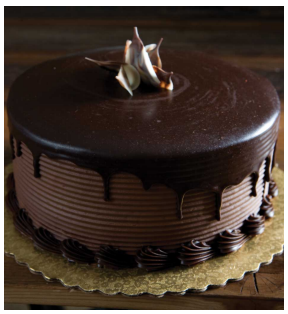
1. **Ask and answer these questions about chocolate**
   a. Do you like chocolate cake? Chocolate ice-cream? Chocolate bars? Hot chocolate drinks?
   b. How much chocolate do you have every week?
   c. Do you eat more chocolate now than when you were a child, or less?
   d. Do you think it's bad that some children eat a lot of chocolate?



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2. **Read a text written by Cheryl, a woman who is addicted to chocolate. Who is she writing to?**
   a. Her mother
   b. A newspaper
   c. A magazine problem page
   d. A company that makes chocolate

3. **Are the following sentences True or False?**
   a. Cheryl is the middle child in her family
   b. She is a mother
   c. Sarah is one of her sisters
   d. Cherly feels ill if she stops eating chocolate
   e. She feels both good and bad after eating chocolate
   f. It's easy to buy chocolate
   g. Her family don't give her any help

4. **Read the text again and match a summary with a paragraph.**

Summary	Paragraph #
A. Cheryl is the only one addicted to chocolate in her family B. Why Cheryl' s addiction is a problem C. Cherly wants help D. The description of the addiction E. An introduction to the problem F. Why the addiction is difficult to stop.	

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Pre-teach vocab

- bad for me (fags)
- ate (text pic)
- elder sister (text pic)
- bars of chocolate (text pic)
- fat (elicit)
- Spots (elicit)
- overweight (elicit)
- dream (elicit)
- big pile of chocolate bars[1]

[1] <http://1.bp.blogspot.com/-LpUIJ593JU4/UnD4WNcCAHI/AAAAAAAAAF2M/cSZhmwx6DSo/s1600/Big+Pile+of+Candy.jpg>